

Will encourage innovative physical education programs across America

Washington, DC - Today, Congressman Bruce Braley (D-Iowa) introduced the Fitness for Life Act to combat childhood obesity and promote innovation in physical education curriculum. The bill is based on a successful partnership between the University of Northern Iowa and Grundy Center School District to develop innovative ways to embed technology in physical education curriculum. The *Fitness for Life Act* will create a competitive grant program that allows 10 colleges or universities to develop new methods of innovation in physical education with technology and ground-breaking teaching practices.

"America's obesity epidemic is spiraling out of control, jeopardizing America's physical and fiscal well-being," Braley said. "To teach our children healthy behaviors, I introduced the Fitness for Life Act, which will create a grant program based on UNI's successful 'Teaching with Technology' physical education program. I believe this legislation will have a tremendous impact, reducing childhood obesity and encouraging healthy behaviors in our children that will last a lifetime."

According to the Centers for Disease Control, one in four Iowa children are overweight or obese. Many obese and overweight children develop illnesses like heart disease or Type 2 diabetes, which require long-term medical care.

Building on UNI and Grundy Center's successful partnership, funds from this grant program would be used for the purchase of equipment and technology to increase or enhance physical

activity and fitness levels, including heart rate monitors, fitness assessment systems and pocket PC's.